



Alamo City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Alamo City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for Alamo City School that includes:

- A School Health Advisory Committee
- One Healthy School Team for Alamo Elementary School
- School Health Policies strengthened or approved include mental health guidelines and local wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$30,000.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ UT Extension | ➤ Crockett Children's Services |
| ➤ LeBonheur Community Outreach | ➤ Crockett County Health Department |
| ➤ Department of Health | ➤ TN Technology Centers |
| ➤ West TN Healthcare | ➤ Blue Cross Blue Shield of TN |
| ➤ Premier Dental | ➤ Crockett County Resource Center |
| ➤ American Lung Association | ➤ Alliance for a Healthier Generation |
| ➤ Lambuth Linx – Positive Behavior Support | ➤ Cover Kids |
| ➤ TN Nutrition and Consumer Education Program | ➤ TENNder Care |
| ➤ New Pathways – Mental Health Counseling | ➤ TN Lives Count |
| ➤ Youth Villages - Mental Health Counseling | ➤ Bancorp South |
| | ➤ Hannah's Hope |
| | ➤ Save the Children |
| | ➤ Northwest TN Head Start |
| | ➤ Chamber of Commerce |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities including the Parent Teacher Organization, Healthy School Team, and the School Health Advisory Committee. Currently, 10 parents are collaborating with CSH.

Students have been engaged in CSH activities that include Student Awareness Community Klub (SACK) and Healthy School Team. Approximately 8 students out 600 Pre-k -6th grade are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in Alamo City School the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 263 screened and 76 referred;

424 Students have been seen by a school nurse and 272 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA with 46% of our children overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: walking track installation, Comprehensive Health Education curriculum, Wiis for the classroom, hydraulic circuit fitness equipment, ipods for the classrooms;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include: mental health 101 training, suicide prevention training, CSH 101 training, Fit for the Future state training, and CSH professional development conferences;

School faculty and staff have received support for their own well-being through free health screenings each year, fitness classes offered on-site, a circuit fitness gym on-site, walking programs, and health education;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – comprehensive health education (Michigan Model curriculum) in every classroom;
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- Physical Education/Physical Activity Interventions – Take 10! curriculum in every classroom, Ipods in the classroom, increased physical education classes, recess staff;
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- Nutrition Interventions – salad bar offered every day, 100% whole grain/whole wheat products, removal of 2% milk;
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- Mental Health/Behavioral Health Interventions – on-site social worker, training for staff and parents, on-site counseling services.

In such a short time, CSH in the Alamo City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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